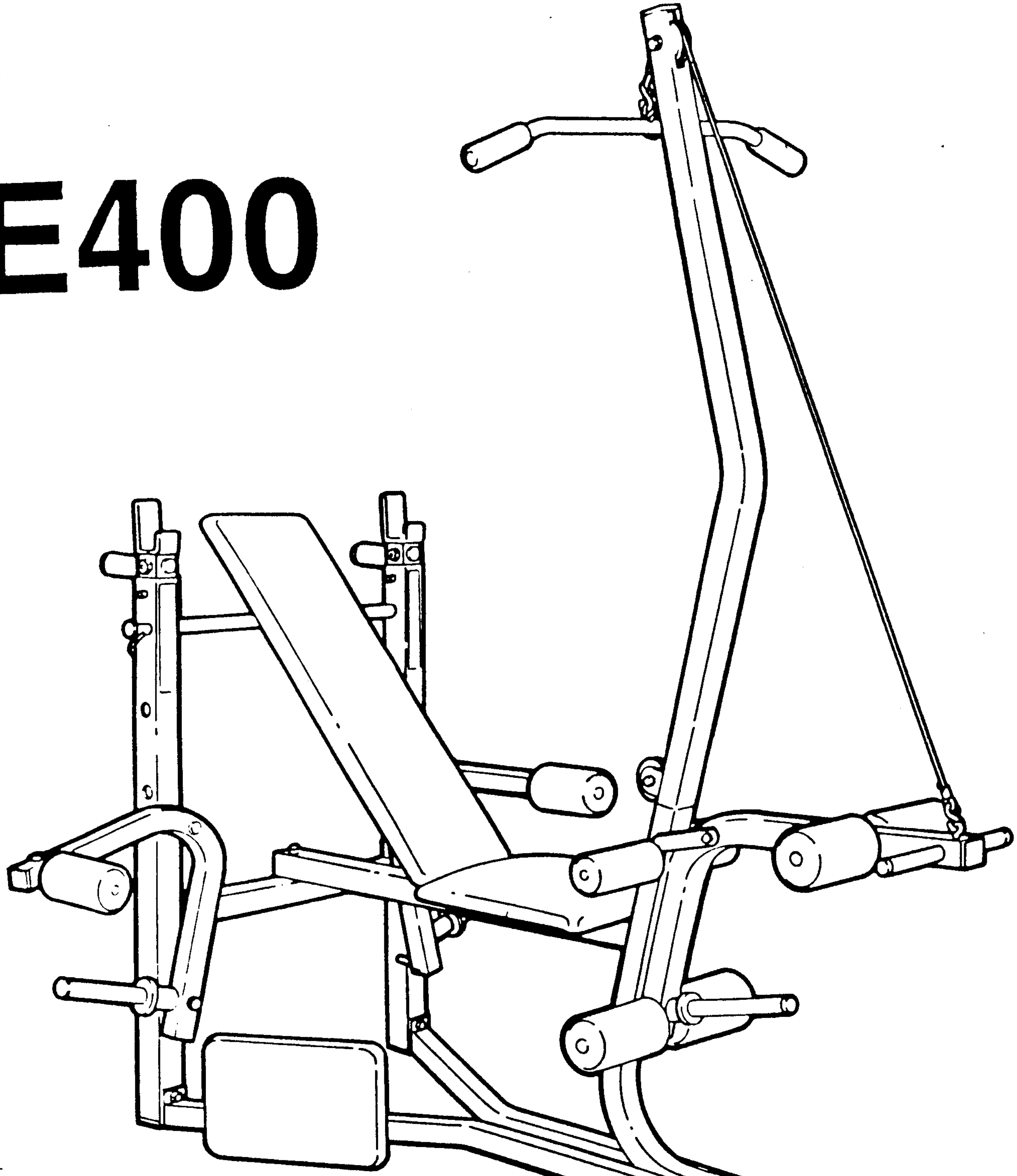
E400



weider®

OWNER'S MANUAL

WEIDER HEALTH and FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA. 91367 USA

PART LIST E400

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C1218-E17
2	RIGHT BASE FRAME	1	C2176-E17
3	LEFT BASE FRAME	1	C2177-E17
4	MAIN FRAME	1	C2178-E17
5	ADJUSTABLE UPRIGHT	2	C1219-E17
6	BACKREST ADJ. BAR	1	C6238-D14
7	DIP BAR PIN 1" X 6 3/4"	2	C6262-E17
8	FOAM GRIP	4	C0417-B05
9	BACKREST	1	C1330-E01
10	SEAT	1	C1331-E01
20	LONG ANGLE IRON	2	C6204-C19
21	LEG CURL	1	C0150-C19
22	PAD BAR 3/4" X 13 1/2"	1	C6207-C19
23	PAD BAR 3/4" X 13"	2	C6252-E03
24	FOAM ROLLER 2" X 6"	2	C0446-E01
25	FOAM ROLLER 3" X 5 3/4"	6	C0434-C07
26	LEG CURL WEIGHT PIN 1" X 13 3/4"	1	C0147-C19
27	WEIGHT BAR 1" X 12"	1	C6308-C19
28	RIGHT BUTTERFLY	1	C6213-C19
29	LEFT BUTTERFLY	1	C6214-C19
30	BUTTERFLY PAD BAR 3/4" X 9"	2	C6215-C19
31	BUTTERFLY WEIGHT PIN 1" X 11"	2	C6228-C19
32	MAST	1	C6262-E17
33	ARM CURL PAD	1	C0379-C15
34	ARM CURL SUPPORT	1	C6209-C19
35	LAT BAR	1	C6227-C19
36	ROPE (54" LONG)	1	C6618-E17
37	ROPE (66" LONG)	1	C6619-E17
50	5/16" X 2 3/4" HEX HEAD BOLT	2	HH-5058
51	5/16" X 5" HEX HEAD BOLT	4	HH-5328
52	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294
53	5/16" X 2" HEX HEAD BOLT	2	HH-5054
54	5/16" X 4" HEX HEAD BOLT	1	HH-5302
55	5/16" X 1 3/4" HEX HEAD BOLT	1	HH-5301
56	5/16" EYELET BOLT	2	HH-5313
57	5/16" NYLON LOCK NUT	13	HH-5012
58	5/16" FLAT WASHER	8	HH-5127
59	3/8" X 2 1/4" HEX HEAD BOLT	1	HH-5061
60	3/8" X 2" HEX HEAD BOLT	1	HH-5244
61	3/8" X 1 1/2" HEX HEAD BOLT	1	HH-5068
62	3/8" NYLON LOCK NUT	3	HH-5088
63	5/16" PLAIN HEX NUT	1	HH-5296
64	1/4" X 3/4" ROUND HEAD SCREW	8	HH-5022
65	1/4" X 2" ROUND HEAD SCREW	2	HH-5256
66	1/4" NYLON LOCK NUT	2	HH-5011
67	2" SQUARE PLASTIC CAP	2	AA-8002
68	1 1/2" SQUARE PLASTIC CAP	6	AA-8001
69	1" ROUND PLASTIC CAP	7	AA-8005
70	1" ROUND PLASTIC COVER CAP - 15	1	AA-8070
71	3/4" ROUND PLASTIC CAP	9	AA-8004

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
~~72~~	7/8" ROUND PLASTIC CAP	2	AA-8088
~~73~~	METAL SPACER 1/2" X 1 5/16"	1	HH-5364
~~74~~	PLASTIC SLEEVE	2	AA-8091
~~75~~	METAL SPACER 1/2" X 3/4"	3	HH-5259
~~76~~	PLASTIC SPACER 1/2" X 3/4"	4	AA-8142
~~77~~	METAL SPACER 1/2" X 1 3/8"	1	HH-5264
~~78~~	PLASTIC SPACER 3/8" X 3"	2	AA-8143
~~79~~	STOPPER PIN	2	WW-7038
~~80~~	PULLEY	2	AA-8034
~~81~~	~~LOCKING PIN~~	3	WW-7002
~~82~~	WEIGHT STOPPER	3	AA-8112
~~83~~	S-HOOK	3	WW-7030
84	UPRIGHT DECAL	2	DE-4197
85	MAST DECAL	1	DE-4196
~~86~~	1" ROUND PLASTIC CAP (119-I WRITTEN INSIDE)	4	AA-8127
~~87~~	1 1/2" SQUARE PLASTIC CAP (240 - 1 1/2 14 - 166A)	2	AA-8144
~~88~~	1" ROUND PLASTIC CAP (9-1 WRITTEN INSIDE)	2	AA-8093
	HARDWARE BAG (BOLTS & NUTS)	1	C5895-E17
	HARDWARE BAG (PLASTICS & FOAM)	1	C5896-E17
	INSTRUCTION MANUAL	1	NN-1131

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING. Joe Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY ONE HOUR OF ASSEMBLY TIME.

HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLASTIC TO HOLED THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.

3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK ✓ AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

   YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTIN THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.

5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.

6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.

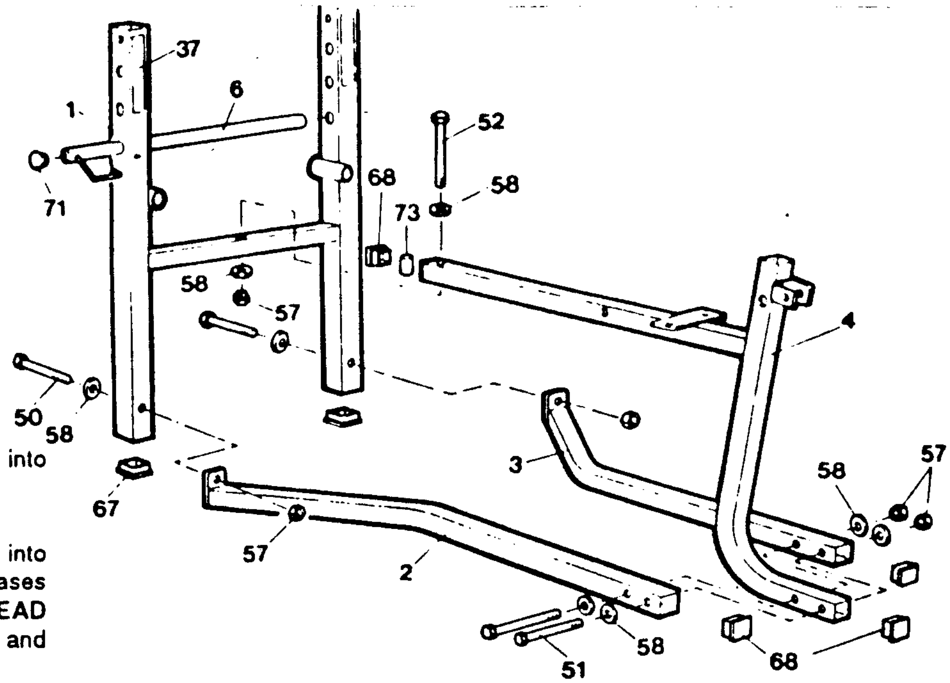
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.

8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.

9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
50 5/16" x 2 3/4" HEX HEAD BOLT	2
51 5/16" X 5" HEX HEAD BOLT	2
52 5/16" X 3 1/2" HEX HEAD BOLT	1
57 5/16" NYLON LOCK NUT	5
58 5/16" FLAT WASHERS	8
67 2" SQUARE PLASTIC CAPS	2
68 1 1/2" SQUARE PLASTIC CAPS	4
71 3/4" ROUND PLASTIC CAP	1
73 1/2" X 1 5/16" SPACER	1



☐ Insert 2" SQUARE PLASTIC CAPS (67) into bottom of UPRIGHT (1).

☐ Insert 1 1/2" SQUARE PLASTIC CAPS (68) into end of FRAME BASES (2) and (3) and bolt bases to UPRIGHT (1) using 5/16" x 2 3/4" HEX HEAD BOLTS (50), 5/16" FLAT WASHERS (58), and 5/16" NYLON LOCK NUTS (57).

☐ Assemble MAIN FRAME (4) between FRAME BASES (2) and (3) using 5/16" x 5" HEX HEAD BOLT (51), 5/16" FLAT WASHERS (58), and 5/16" NYLON LOCK NUTS (57).

☐ Press 1 1/2" SQUARE PLASTIC CAP (68) into bottom of front leg on MAIN FRAME (4).

☐ Insert 1/2" X 1 5/16" SPACER (73) into end of MAIN FRAME (4) and position with bolt hole.

☐ Bolt MAIN FRAME (4) to UPRIGHT (1) Cross Member using 5/16" X 3 1/2" HEX HEAD BOLT (52), 5/16" FLAT WASHER (58), and 5/16" NYLON LOCK NUT (57).

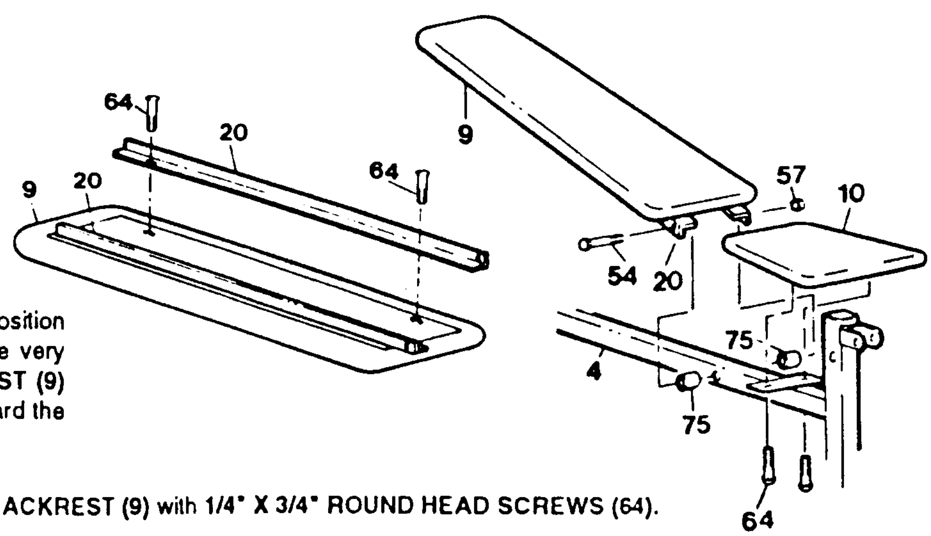
☐ Cap off tube with 1 1/2" SQUARE PLASTIC CAP (68).

☐ DECALS: Remove backing sheet from DECALS (37) and adhere to UPRIGHT (1) approximately 1/2" below top.

☐ Press 3/4" ROUND PLASTIC CAP (71) into handle end of BACKREST ADJ BAR (6) and assemble Bar into one of the hole patterns in the UPRIGHT (1).

STEP 2 BACKREST & SEAT ASSEMBLY

PART NAME	QTY
54 5/16" X 4" HEX HEAD BOLT	1
57 5/16" NYLON LOCK NUT	1
64 1/4" X 3/4" ROUND HEAD SCREW	6
75 1/2" X 3/4" METAL SPACER	2



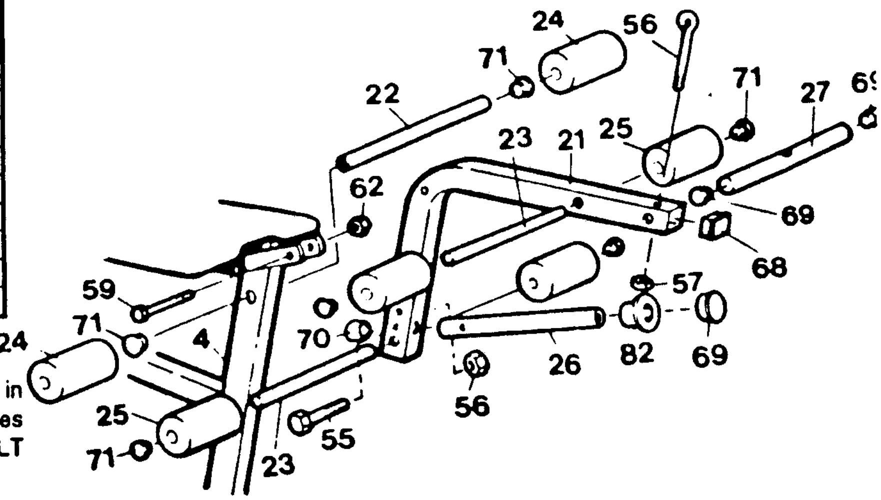
☐ Turn BACKREST (9) over so it is face down. Position LONG ANGLE IRONS (20) so the hole in the very end is extending past the bottom of BACKREST (9) and the flat side of the angle iron is facing toward the outside.

☐ Loosely attach LONG ANGLE IRONS (20) to BACKREST (9) with 1/4" X 3/4" ROUND HEAD SCREWS (64).

☐ Turn assembly over and attach BACKREST (9) to MAIN FRAME (4) by bolting 5/16" X 4" HEX HEAD BOLT (54) through LONG ANGLE IRONS (20) spacing LONG ANGLE IRONS (20) away from frame with 1/2" X 3/4" METAL SPACERS (75). Fasten with 5/16" NYLON LOCK NUT (57). TIGHTEN ALL SCREWS AND BOLTS!

☐ Attach SEAT (10) to bracket on MAIN FRAME (4) using 1/4" X 3/4" ROUND HEAD SCREWS (64).

STEP 3 LEG CURL ASSEMBLY	
PART NAME	QTY
55 5/16" X 1 3/4" HEX HEAD BOLT	1
56 5/16" EYELET BOLT	1
57 5/16" NYLON LOCK NUT	2
59 3/8" X 2 1/4" HEX HEAD BOLT	1
62 3/8" NYLON LOCK NUT	1
69 1" ROUND PLASTIC CAP	3
70 1" ROUND PLASTIC COVER CAP - 15	1
71 3/4" ROUND PLASTIC CAP	6
82 WEIGHT STOP	1
87 1 1/2" SQUARE PLASTIC CAP (240-1 1/2 14-166A)	1



☐ First slide WEIGHT PIN (26) through angled hole in the front part of LEG CURL (21). Align bolt holes and secure with 5/16" X 1 3/4" HEX HEAD BOLT (55) and 5/16" NYLON LOCK NUT (57).

☐ Place 1" ROUND PLASTIC COVER CAP - 15 (70) over rear extended portion of WEIGHT PIN (26). Slide WEIGHT STOP (82) over WEIGHT PIN (26) (flared side out) until it is against the Leg Curl Frame. Assemble 1" ROUND PLASTIC CAP (69) into end of WEIGHT PIN (26).

☐ Insert 1 1/2" SQUARE PLASTIC CAP (240 - 1 1/2 14 - 166A) (87) into end of LEG CURL (21).

☐ Position LEG CURL (21) between Leg Curl Brackets on MAIN FRAME (4). Secure with 3/8" X 2 1/4" HEX HEAD BOLT (59) and 3/8" NYLON LOCK NUT (62). DO NOT OVERTIGHTEN OR LEG CURL WILL NOT BE ABLE TO SWING FREELY.

☐ Press 3/4" ROUND PLASTIC CAPS (71) into ends of PAD BARS (22) and (23).

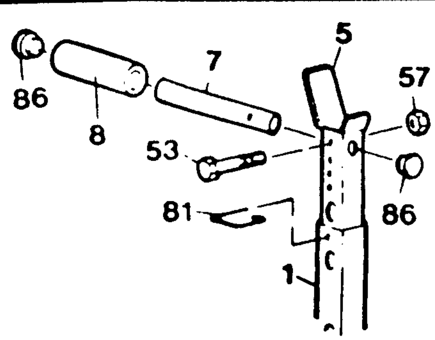
☐ Slide 3/4" X 13 1/2" PAD BAR (22) through large hole in top of front Leg of MAIN FRAME (4) and slide 2" X 6" FOAM ROLLERS (24) onto each end.

☐ Assemble PAD BARS 3/4" X 13" (23) through 3/4" holes on ends of LEG CURL (21) and assemble 3" X 5 3/4" FOAM ROLLERS (25) onto each end.

☐ Assemble WEIGHT BAR 1" X 12" (27) through 1" hole at end of LEG CURL (21). Align bolt holes and secure with 5/16" EYELET BOLT (56) and 5/16" NYLON LOCK NUT (57).

☐ Press 1" ROUND PLASTIC CAPS (69) into each end of WEIGHT BAR (27).

STEP 4 ADJUSTABLE UPRIGHTS	
PART NAME	QTY
53 5/16" X 2" HEX HEAD BOLT	2
57 5/16" NYLON LOCK NUT	2
81 LOCKING PINS	2
86 1" ROUND PLASTIC CAP (119 - I)	4



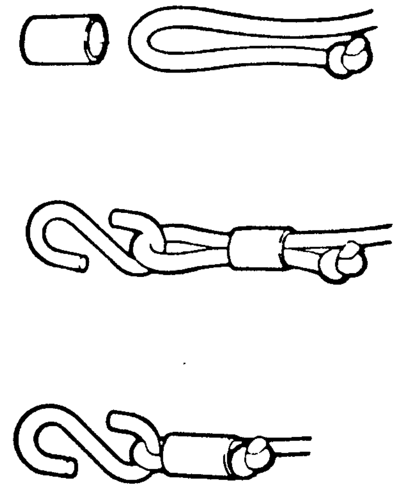
☐ Press 1" ROUND PLASTIC CAPS (119 - I written Inside) (86) into each end of DIP BAR PINS (7) and assemble into ADJUSTABLE UPRIGHTS (5). Secure each DIP BAR PIN (7) with 5/16" X 2" HEX HEAD BOLT (53) and 5/16" NYLON LOCK NUT (57).

☐ Slide FOAM GRIP (8) over each DIP BAR PIN (7).

☐ Slide each assembly into UPRIGHT (1).

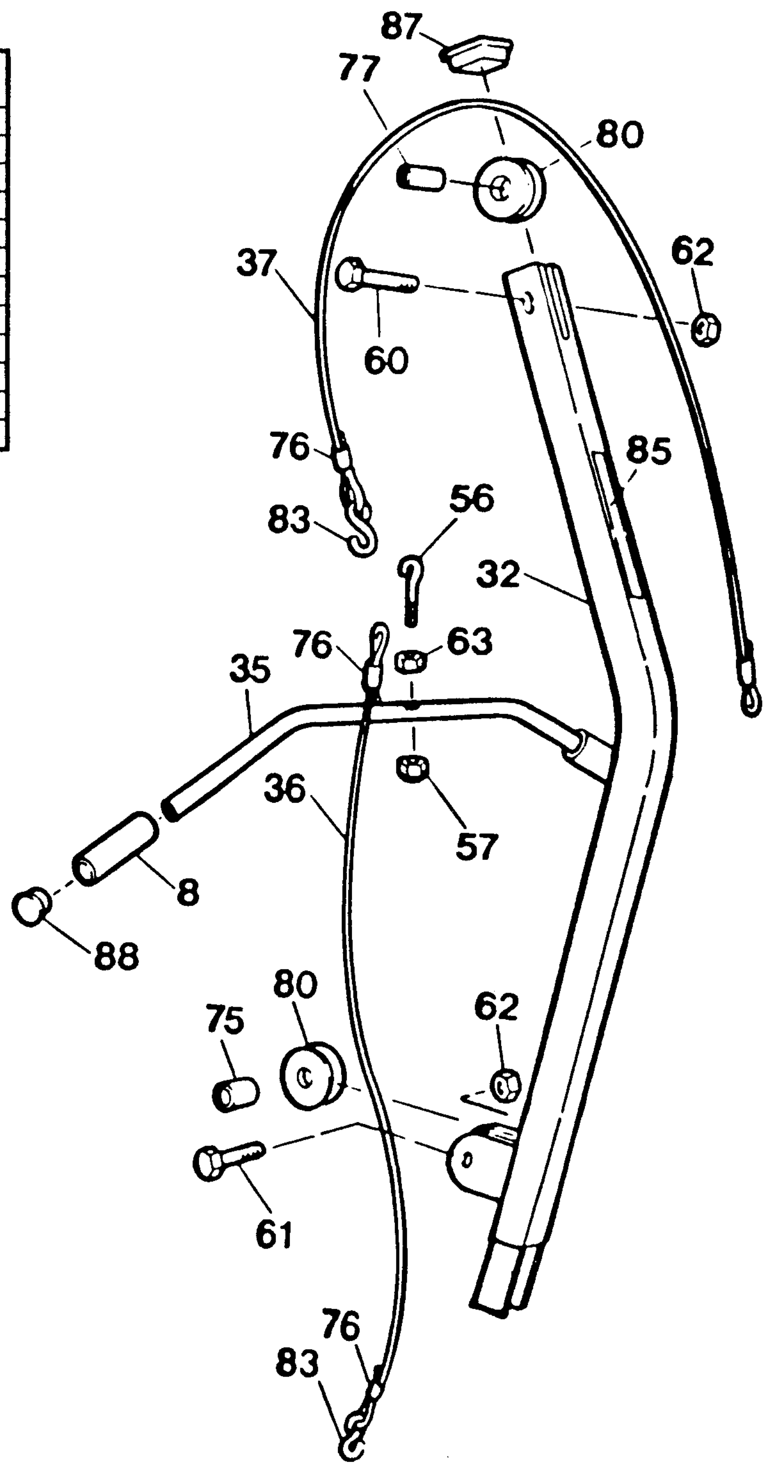
☐ The BACKREST ADJ BAR (6) assembled to bench in Step 2 is used to adjust the incline of the BACKREST (9) and the height of the ADJUSTABLE UPRIGHTS (5) when using the Backrest in an incline position. When the Backrest is in the flat position the height of the ADJUSTABLE UPRIGHTS (5) can be adjusted by the use of LOCKING PINS (81).

STEP 5 CABLE & HOOK ASSEMBLY	
PART NAME	QTY
76 3/4" PLASTIC SPACERS	4
83 S-HOOK	2



- ☐ Tie a knot in ends of ROPES (36). Loop cable ends and insert loops through 3/4" PLASTIC SPACERS (76).
- ☐ Insert S-HOOK (83) through cable loop on one end of each ROPE (36).

STEP 6 MAST ASSEMBLY	
PART NAME	QTY
56 EYELET BOLT	1
57 5/16" NYLON LOCK NUT	1
60 3/8" X 2" HEX HEAD BOLT	1
61 3/8" X 1 1/2" HEX HEAD BOLT	1
62 3/8" NYLON LOCK NUT	2
63 5/16" PLAIN HEX NUT	1
75 1/2" X 3/4" METAL SPACER	1
77 1/2" X 1 3/8" METAL SPACER	1
80 PULLEY	2
87 1 1/2" SQUARE PLASTIC CAP (240 - 1 1/2 14 - 166A)	1
88 1" ROUND PLASTIC COVER CAP	2



- ☐ Insert 1/2" X 1 3/8" METAL SPACER (77) into PULLEY (80) and assemble into top of MAST (32) and secure with 3/8" X 2" HEX HEAD BOLT (60) and 3/8" NYLON LOCK NUT (62).
- ☐ Drape 66" ROPE (37) over PULLEY (80) and cap MAST (32) with 1 1/2" SQUARE PLASTIC CAP (240 - 1 1/2 14 - 166A) (87).
- ☐ Insert 1/2" X 3/4" METAL SPACER (75) into PULLEY (80) and assemble into Pulley Plates on bottom of MAST (32) trapping 54" ROPE (36) behind PULLEY (80). Secure with 3/8" X 1 1/2" HEX HEAD BOLT (61) and 3/8" NYLON LOCK NUT (62).
- ☐ Press 1" ROUND PLASTIC COVER CAPS (88) into each end of LAT BAR (35) and assemble FOAM GRIPS (8) onto each end of LAT BAR (35).
- ☐ Thread 5/16" PLAIN HEX NUT (63) onto EYELET BOLT (56) all the way to the top of the threads and insert into center hole of LAT BAR (35). Secure with 5/16" NYLON LOCK NUT (57).

USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

- Insert MAST ASSEMBLY (32) into MAIN FRAME (4). Connect loop on FRONT ROPE (37) to EYELET BOLT (56) on LEG CURL (21). Connect S-HOOK (83) of FRONT ROPE (37) to loop of REAR ROPE (36) and then to LAT BAR (35). With this configuration, rowing and curl exercises may be performed. Free weights can be loaded on either or both the weight pin or WEIGHT BAR (20).

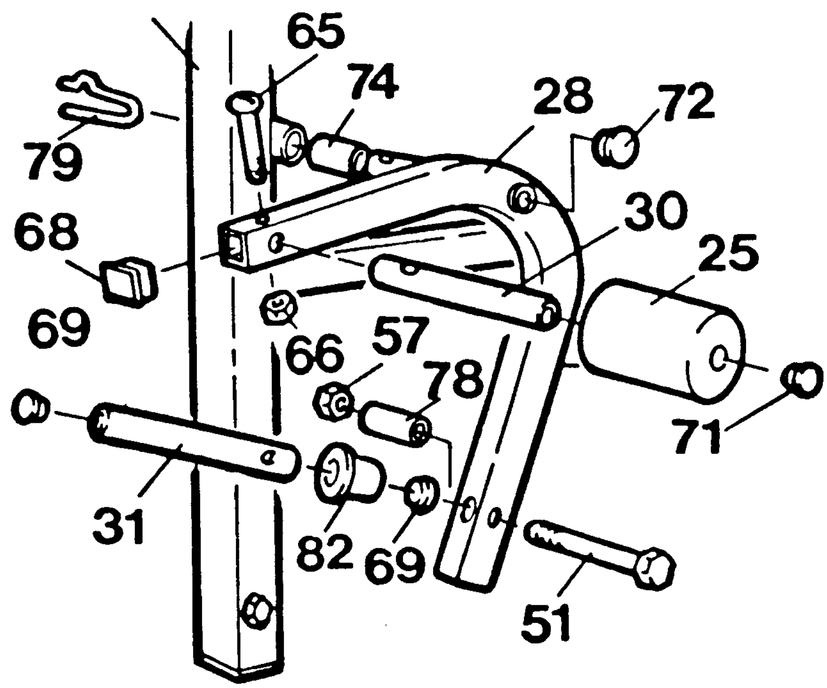
STEP 2 LAT PULL DOWNS

- To do Lat Work; either sitting or standing; connect LAT BAR (35) directly to S-Hook end of FRONT ROPE (36). Load weight on either the Leg Curl Weight Pin or the WEIGHT BAR (27).

STEP 3 USING DIP BARS

- Adjust uprights to desired height and secure with LOCKING PINS (81). Exercises may be performed from the front of the Uprights by straddling the bench. It is recommended that if doing this exercise, weight should be added to the front of the bench to insure the bench will not tip backward while exercising. This can be achieved by loading free weights onto the WEIGHT BAR (27) or simply laying a weighted barbell across the seat. We suggest loading on at least 50 pounds of weights or more, depending on the person's weight and type of workout.

STEP 7 BUTTERFLY ASSEMBLY	
PART NAME	QTY
51 5/16" X 5" HEX HEAD BOLT	2
57 5/16" NYLON LOCK NUT	2
65 1/4" X 2" ROUND HEAD SCREW	2
66 1/4" NYLON LOCK NUT	2
68 1 1/2" SQUARE PLASTIC CAP	2
69 1" ROUND PLASTIC CAP	4
71 3/4" ROUND PLASTIC CAP	2
72 7/8" ROUND PLASTIC CAP	2
74 PLASTIC SLEEVE	2
78 3/8" X 3" PLASTIC SPACER	2
79 STOPPER PIN	2
82 WEIGHT STOP	2



- There are two Butterfly Attachments with this unit: a RIGHT BUTTERFLY (28) and a LEFT BUTTERFLY (29). Instructions are given for one and are repeated to assemble the other.

☐ First, slide BUTTERFLY PAD BAR 3/4" x 9" (30) through the hole in the end of the Butterfly Frame aligning the bolt holes. Secure with 1/4" X 2" ROUND HEAD SCREW (65) and 1/4" NYLON LOCK NUT (66).

☐ Insert 3/4" ROUND PLASTIC CAP (71) into end of BUTTERFLY PAD BAR (30) and assemble FOAM ROLLER 3" x 5 3/4" (25) onto bar.

☐ Assemble WEIGHT PIN 1" X 11" (31) into angled hole on front of Butterfly Frame. Align bolt holes and secure with 5/16" X 5" HEX HEAD BOLT (51), 3/8" X 3" PLASTIC SPACER (78) and 5/16" NYLON LOCK NUT (57). This assembly serves as a stop for the Butterfly Frames.

- Caution: Never allow the Butterfly Frame to come back hard against the Uprights or damage can occur to the stop and the Upright.

- [ ] Press 1" ROUND PLASTIC CAPS (69) into both ends of BUTTERFLY WEIGHT PIN 1" X 11" (31). Slide WEIGHT STOP (82) over WEIGHT PIN (31) with the flared side out.

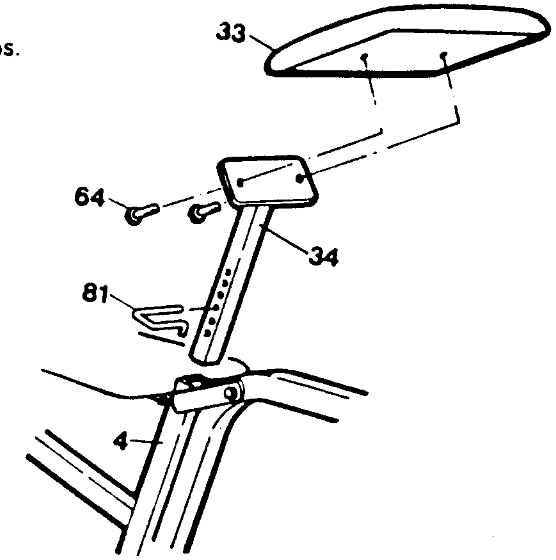
- [ ] Slide PLASTIC SLEEVE (74) over welded tube on Butterfly and press 7/8" ROUND PLASTIC CAP (72) onto opposite end.

- [ ] Slide entire assembly into welded tube bracket on UPRIGHT (1).

- [ ] Assemble STOPPER PIN (79) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (79) that has a raised section is aligned with the hole in the welded butterfly tube. Push STOPPER PIN (79) into welded Butterfly Tube until it clicks into place as the raised section exits the hole.

- [ ] Press 1 1/2" SQUARE PLASTIC CAP (68) into end of Butterfly Frames.

STEP 8 ARM CURL ASSEMBLY	
PART NAME	QTY
64 1/4" X 3/4" ROUND HEAD SCREW	2
81 LOCKING PIN	1



- [ ] Assemble ARM CURL PAD (33) to PAD SUPPORT (34) using 1/4" X 3/4" ROUND HEAD SCREW (64).

- [ ] To use Arm Curl, insert PAD SUPPORT (34) into Main Frame and adjust to desired height by inserting LOCKING PIN (81) into appropriate hole and allowing it to rest on top of frame.

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN

YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.